

CBD makes you less angry

The protective effect of anger is that it readies humans to fight, which is an essential survival tactic. This is much less true today, however, than was the case even 50 years ago. Today, there is more of a need to control anger, and [CBD](#) could accomplish this.



CBD makes you less like this. Photo: Anderson Nunes

What causes anger

A number of situations might cause anger. It can arise from other emotions, like anxiety, fear, frustration, grief, guilt, loneliness, sadness or stress. It can also stem from such conditions as alcoholism, bipolar disorder, [intermittent explosive disorder](#) (which 8% of adolescents have) and obsessive-compulsive disorder ([for which you want CBD](#)).

What happens if you get angry

If you experience extended fits of anger that are having a negative effect on your life, you probably require psychiatric attention. It's easy to tell if you're overdoing it with anger. Your partner might just tell you, or you could notice their behaviour changing.

In the worst instances, anger can cause the terribly severe health problems of heart disease, high blood pressure, migraines or a weaker immune system. This last one makes it harder to recover from illnesses, like flu. Anger may lead to the less severe but possibly annoying conditions of anxiety or insomnia. The impact of CBD on anxiety will be dealt with later, but for insomnia, [there's this](#).

But if the anger is only occasional or is only the product of common negative events, eg work-related stress, a psychotherapist or counsellor could identify the source of the problem. Or you might need no more than a natural

supplement.

CBD reduces aggression

No studies have directly examined the use of CBD for anger. But studies have suggested that CBD has therapeutic potential for things that worsen anger. For instance, CBD has been researched for aggression, a close relative of anger: [a study of mice](#) found that CBD reduced aggressive behaviour arising from social isolation. Researchers at the University of São Paulo's Ribeirão Preto Medical School in Brazil in 2019 conducted this. CBD helped by interacting with the neurotransmitter serotonin. Serotonin is a neurotransmitter associated with feelings of happiness. Where there's a lack of it, aggression, anxiety and depression follow.

A [study undertaken in 2014 at the University of Messina in Italy](#) found CBD to mimic selective serotonin reuptake inhibitors. This class of drug, of which the most famous is Prozac, known as Fluoxetine in the United Kingdom, inhibits serotonin-processing enzymes. As a result, there's more serotonin in the brain.

CBD works on depression

Depression might cause anger, more often in men. A study that took place at the [University Miguel Hernandez in Alicante in Spain in 2020](#) found CBD to have anti-depressant properties. An [online survey of 2,409 CBD users in 2018](#) found that 62% were using CBD for medical conditions, of which depression was one of the top three.

CBD lessens stress

Stress often causes anger. Some stress is inevitable, and it might even be necessary, but too much will make you feel overwhelmed. A [study of 232 people at the University of Sydney in Strylia in 2021](#) found that CBD reduced stress.

CBD has a positive effect on anxiety

Anger might result from anxiety. Many studies have shown that [CBD helps with this](#). Again, this is because it increases the abundance of serotonin in the brain.

This proves that CBD makes you less angry by addressing the underlying causes.